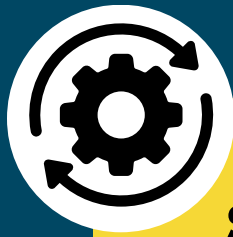


What do resilient managers do?



They



**see change as
an opportunity**



**have high
tolerance for
negative events**



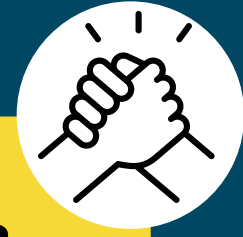
**demonstrate
adaptability and
patience**



**ask “Is it in my
control?”**



**have a sense of
humor**



**ask for help &
support**

Stages of resilience



Survive

How we respond



Thrive

How we grow



Adapt

How we adjust



Recover

How we bounce
back

A resilient manager's toolkit

Acceptance

Pay attention
to all the
positives



Stay in the
present



Strong beliefs
but loosely held



Choice of response
to situations

Turn every challenge into a stepping stone with Wellbeing On the Web (WoW).



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & Videos



POSH training



Pharmacy



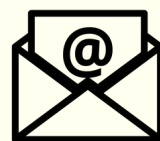
Lab tests



Physios



Email Support



Newsletters



Branded comms



Monthly reports